

Vegan Ropa Vieja

✓ SUBMITTED BY CS3 LISETTE CARLSON, USCG

SERVES 2

✓ INGREDIENTS

1 20-oz. can Jack Fruit, drained, thinly shredded
1 tablespoon olive oil
4 garlic cloves minced
1 6-oz. can tomato paste
1 can el pato sauce
1 28-oz. can crushed tomatoes
1 cup of red cooking wine
(May need extra if the sauce becomes too pasty)
2 teaspoon dried oregano
2 teaspoon cumin
2 teaspoon smoked paprika
2 teaspoon kosher salt / to taste
1/2 teaspoon cracked black pepper
2 bay leaves
1 large yellow onion, thinly sliced
1 large green bell pepper, thinly sliced
1 large red bell, pepper thinly sliced
1 cup of green olives cut in half
1/3 cup of fresh parsley chopped
1 cup cooked white rice or
1 cup riced cauliflower



✓ DIRECTIONS

1. Heat oil in large pan on medium-high heat. Once pan is hot, brown the jackfruit.
2. Add garlic, tomato paste, el pato sauce, crushed tomatoes, cooking wine, spices, bay leaves. Cook for 10 minutes on medium heat.
3. In a separate slightly oiled pan add all vegetables for about 10 to 15 minutes until all vegetable are caramelized.
4. Remove from heat. Add caramelized vegetables to browned jack fruit.
5. Stir in olives, let simmer until sauce thickens.
6. Plate white rice or riced cauliflower, top with vegan Ropa Vieja and finish with chopped parsley. Enjoy!

✓ ABOUT THE CHEF

CS3 Lisette Carlson, who joined the Coast Guard in April 2020 and is currently deployed to the Coast Guard Cutter Bertholf, wrote about this recipe:

“When I was a kid I knew it was a good day at home if mom made *ropa vieja*. Money was tight growing up and if we had extra money to buy flank steak mom always made us our favorite. The original recipe is written on a very stained, torn sheet of paper that traveled from Cuba to New York with my grandparents when they fled Castro’s regime. As I got older I changed my diet. I decided to eliminate red meat. After doing some research I found jack fruit to be a versatile alternative. It mimics the texture of meat and it easily absorbs flavors. So one day I decided to make Vegan Ropa Vieja, and oh my goodness was I impressed! It’s actually a lot easier to make than the original recipe.”

Ropa vieja translates to “old clothes” because that’s how shredded the meat should look.